

Low Calorie Comfort Food Edition

MENU PLANNER

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MONDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	Low Calorie Hot Honey Chicken
TUESDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Lettuce Wrap Tacos
WEDNESDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	Low Calorie Sloppy Joes
THURSDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Shrimp Scampi Pasta
FRIDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	Low Calorie Shepherd's Pie
SATURDAY	Low Calorie Scrambled Egg Toasts	Low Calorie Teriyaki Chicken Meal Prep	Low Calorie Turkey Burgers
SUNDAY	Low Calorie Vanilla Coffee Protein Smoothies	Low Calorie Taco Salad	Low Calorie Pot Roast